



Kids spend several hours a day playing video games and less than 15 minutes in P.E. Many are obese, and nearly half exhibit risk factors of heart disease. The American Council on Exercise and major medical organizations consider this situation a national health risk.

Unfortunately, its motor is inside playing video games.



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You can help. Dust off that bike. Get out the skates. Swim with your kids. Play catch. Show them exercise is fun and promotes a long, healthy life. And call ACE. Find out more on how you can get these young engines fired up. Then maybe the video games will get dusty.

*A Public Service Message brought to you by the American Council on Exercise,  
a not-for-profit organization committed to the promotion of safe and effective exercise*

American Council on Exercise®

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